



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09415, Pears, raw, green anjou

Report Date: June 30, 2017 20:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	83.31	8	0.147	82.69	84.3	6.0	82.943	83.668	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	66	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	275	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein ^{1 2}	g	0.44	8	0.021	0.33	0.59	5.0	0.386	0.491	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) ^{1 2}	g	0.10	6	0.020	0.02	0.2	4.0	0.04	0.153	2	Analytical or derived from analytical	--	08/2012
Ash ^{1 2}	g	0.37	6	0.051	0.24	0.6	3.0	0.216	0.528	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	15.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary ^{1 2}	g	3.1	6	0.111	2.8	3.7	3.0	2.726	3.431	2	Analytical or derived from analytical	--	08/2012
Sugars, total ^{1 2}	g	9.73	6	0.449	8.83	11.49	1.0	4.651	14.799	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1 2	g	0.33	6	0.111	0.12	0.81	3.0	-0.017	0.684	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) 1 2	g	3.33	6	0.345	2.66	4.92	1.0	0.606	6.049	2	Analytical or derived from analytical	--	08/2012
Fructose 1 2	g	6.06	6	0.140	5.71	6.44	2.0	5.535	6.593	2	Analytical or derived from analytical	--	08/2012
Lactose 1 2	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Maltose 1 2	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Galactose 1 2	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Minerals													
Calcium, Ca 1 2	mg	11	4	0.694	9	12	1.0	3.761	18.084	2	Analytical or derived from analytical	--	08/2012
Iron, Fe 1 2	mg	0.24	4	0.032	0.15	0.33	2.0	0.1	0.379	2	Analytical or derived from analytical	--	08/2012
Magnesium, Mg 1 2	mg	7	4	0.154	6	8	2.0	6.386	7.729	2	Analytical or derived from analytical	--	08/2012
Phosphorus, P 1 2	mg	13	4	0.125	13	13	2.0	12.445	13.605	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1 2	mg	127	4	5.618	107	154	1.0	84.229	170.271	2	Analytical or derived from analytical	--	08/2012
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Zinc, Zn 1 2	mg	0.10	4	0.008	0.08	0.12	1.0	0.043	0.161	2	Analytical or derived from analytical	--	08/2012
Copper, Cu 1 2	mg	0.077	4	0.014	0.05	0.13	1.0	-0.079	0.232	2	Analytical or derived from analytical	--	08/2012
Manganese, Mn 1 2	mg	0.048	4	0.005	0.04	0.06	1.0	0.008	0.087	2	Analytical or derived from analytical	--	08/2012
Selenium, Se 2	µg	0.0	2	--	0	0.1	1.0	--	--	1	Analytical or derived from analytical	--	08/2012
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	4.4	4	0.512	3.5	5.5	1.0	-0.866	9.726	2	Analytical or derived from analytical	--	08/2012
Thiamin 1 2	mg	0.010	4	0.001	0.01	0.01	1.0	-0.002	0.023	2	Analytical or derived from analytical	--	08/2012
Riboflavin 1 2	mg	0.022	4	0.000	0.01	0.03	1.0	0.018	0.026	2	Analytical or derived from analytical	--	08/2012
Niacin 1 2	mg	0.151	4	0.021	0.1	0.18	1.0	-0.112	0.415	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1 2	mg	0.043	4	0.008	0.03	0.06	1.0	-0.053	0.139	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 1 2	mg	0.026	4	0.003	0.02	0.04	2.0	0.008	0.044	2	Analytical or derived from analytical	--	08/2012
Folate, total 1 2	μg	9	4	2.382	4	14	1.0	-21.548	38.983	2	Analytical or derived from analytical	--	08/2012
Folate, food	μg	9	4	2.382	4	14	1.0	-21.548	38.983	2	Analytical or derived from analytical	--	08/2012
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, RAE 1 2	μg	1	3	0.056	0	2	1.0	0.183	1.595	2	Analytical or derived from analytical	--	08/2012
Carotene, beta 1 2	μg	14	4	1.820	5	26	1.0	-2.485	30.985	2	Analytical or derived from analytical	--	08/2012
Carotene, alpha 1 2	μg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta 1 2	μg	1	4	0.000	0	2	--	--	--	2	Analytical or derived from analytical	--	08/2012
Vitamin A, IU	IU	25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Lutein + zeaxanthin 1 2	µg	46	4	5.590	37	57	2.0	11.407	80.593	2	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin K (phylloquinone) 1 2	µg	4.3	4	0.279	3.8	5.1	1.0	2.195	6.432	2	Analytical or derived from analytical	--	08/2012
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Amino Acids													
Tryptophan 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Threonine 2	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Isoleucine 2	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Leucine 2	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lysine 2	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine 2	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Cystine 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Phenylalanine 2	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Tyrosine 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Valine 2	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Arginine 2	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Histidine 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Alanine 2	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Aspartic acid 2	g	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Glutamic acid 2	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine ²	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Proline ²	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Serine ²	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5a, 2001 Beltsville MD